



# Intramural Sports

## FLAG Football Rules Summary:

### **PLAYERS:**

1. Teams will be made up of 5-10 players. Five (5) players will compete on a side; others will be available as substitutes. Substitutes may enter the game only during timeouts or in the case of injury.
2. Participants must be listed by full name on the roster and must be currently enrolled in CTC. Each participant should carry their student ID card with them to the game for proof of eligibility.
3. A player may only play on one (1) team. Once a player has participated in a regular season game with a particular team, that player may not play with another team. If a player is taken off the roster, they cannot be added back on again. To be eligible for the playoffs, a player must have played in one regular season game. Any roster changes, additions/drops, etc. must be made with the consent of the intramural sports director.
4. Only the on-field captain may confer with the officials.
5. Spectators are restricted to the sidelines and must not enter onto the field for any reason. All players, coaches and spectators must stay on the sidelines between the 20- yard lines.

**PLAYER CONDUCT:** If a player is ejected or disqualified from a game, no substitution may be made for that player. Any player ejected from a game will be suspended from their next game. A second ejection will result in that player being suspended for the rest of the season.

**THE EQUIPMENT:** The official ball used in tournament and league play will be a full sized collegiate level football. Flags will be provided to teams. Cleats are NOT provided.

**THE GAME:** Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff per NFL FLAG football rules). Games are two 25 minute halves, depending on the league, and the clock only stops for injuries, half-time and timeouts

The starting team begins on its own 5-yard line and has four downs (essentially four plays) to cross midfield for a first down. If the offense fails to advance after three tries, they have two options: they can "punt," which means they turn the ball over to the opposing team who starts its drive from its own 5-yard line, or they can go for it. But if they still fail to cross midfield, the opposing team takes over possession from the spot of the ball.

If the offensive team crosses midfield, they have three downs to score a touchdown. The rules of flag football only differ slightly from tackle when it comes to scoring: a touchdown is 6 points and a safety is 2 points (1-point conversion from the 5-yard line; 2-point conversion from the 10-yard line).



## THE FIELD:



## BASIC FLAG RULES

- All passes must be forward and received beyond the line of scrimmage
- Only direct handoffs are permitted—there are no laterals or pitches anywhere on the field
- The quarterback has seven-second pass clock to get rid of the ball
- The quarterback can't run with the ball unless it was handed off first
- Offensive players must steer clear of the rusher and may not get in his/her way
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush



- If the ball is handed off, any defender may rush
- Interceptions are returnable (even on extra point attempts)
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet—touches the ground
- All offensive flag football penalties result in a loss of down and yardage
- All defensive flag football penalties result in an automatic first down and some are associated with yardage

#### **TIME-OUTS & SUBSTITUTIONS**

Each team has one 60-second timeout per half. (After halftime, timeouts reset)